

108 Yoga Sūtra Study Questions - 10

निद्रा

Chapter One Samādhi Pādaḥ verse 10

abhāva-pratyaya-āmbanā tamaḥ vṛttiḥ nidrā |

In Sūtra 1.10 Patañjali defines Nidrā as a Citta Vṛtti or, a specific type of cognition, one where Tamas is the object, to the point where the mind's link with external stimuli is cut off. How do we discern between states such as Pratyāhāra as a disengagement, or Samādhi, where one is as if empty of one's own character, and what is seen as the experience of Tamo Nidrā?